

Nutrition Facts: Vitamin Content in Foods (High to Low)

Vit E iu

47	Almonds, raw whole Quantity: 24 nuts 28g
16	Almonds, raw whole Quantity: 8 nuts 9g
15	Almond Milk, Almond Breeze Unsweetened Quantity: 1 cup
9	Sunflower seeds: whole, dried Quantity: 1oz 28g
8	Avocado (green), Florida raw Quantity: 1 fruit 304g
8	Eggs, organic Quantity: 1 large
7	Tomato paste, Full Circle organic Quantity: 6oz can
6	Sunflower Oil high oleic 70% Quantity: 1 Tbsp 14g
6	Pumpkin: canned Quantity: 15oz 425g
5	Broccoli, frozen Green Giant Steamers Quantity: 2 cups
5	Safflower Oil Quantity: 1 Tbsp
5	Spinach, frozen, organic Quantity: 1 cup
5	Wheat Germ, raw Quantity: 2 Tbsp 16g
4	Avocado (green), Florida raw Quantity: 1/2 fruit 152g
4	Flour, quinoa Quantity: 1 cup
3	Chili powder, ground Quantity: 1 Tbsp
3	Tomatoes, canned diced, no salt added Quantity: 14.5oz can
3	Olive Oil Quantity: 1 Tbsp 14g
3	Paprika Quantity: 1 Tbsp 7g
3	Peanut butter, creamy organic Quantity: 2 Tbsp
3	Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
3	Turnip greens, raw Quantity: 2 cups 100g
3	Avocado (black), California raw Quantity: 1 fruit 201g
3	Pepper, sweet red raw Quantity: 1 large 164g
3	Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
2	Spinach, canned, no salt added Quantity: 1/2 cup 115g
2	Mango, raw Quantity: 1 fruit 207g
2	Parsnip, raw Quantity: 1 cup slices, 133g
2	Flour, brown rice Quantity: 1 cup 158g
2	Blackberries, frozen Quantity: 1 cup 151g
2	Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g
2	Jicama (yambean), raw Quantity: 1 small 365g
2	Pomegranate, raw Quantity: 4" 282g
2	Spinach, baby raw Quantity: 2 cups 85g
2	Brazil Nuts, raw Quantity: 6 nuts 28g
2	Parsnip, cooked Quantity: 1 (9"long) 160g
2	Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
2	Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
1	Avocado (black), California raw Quantity: 1/2 fruit 100g
1	Kiwi fruit, raw (without skin) Quantity: 1 large 91g
1	Cranberries, raw Quantity: 1 cup 100g
1	Quinoa Quantity: 1/4 cup 46g
1	Asparagus, spears Quantity: 6, 7"spears 100g
1	Nectarine, raw Quantity: 1 medium 142g
1	Olives, green canned Quantity: 14 whole 28g
1	Papaya, raw Quantity: 1 small 152g
1	Peach, raw Quantity: 1 medium 150g
1	Raspberries, raw Quantity: 1 cup 123g
1	Beets, canned slices Quantity: 1 cup 170g
1	Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g
1	Olive Oil, extra virgin Quantity: 1 tsp
1	Strawberries, raw organic Quantity: 1 pint 357g